



## Supper in a Puget Sound Fresh Pumpkin

1 pumpkin, 10-12" in diameter  $\frac{1}{2}$  teaspoon Rosemary

1teasoon salt 1 cup raw rice

$\frac{1}{2}$  teaspoon pepper 2 cans chicken broth (10  $\frac{1}{2}$  oz)

$\frac{1}{4}$  teaspoon nutmeg 1 10 oz pkg. frozen lima beans or frozen peas

1  $\frac{1}{2}$  lbs. pork or beef sausage 1 10 oz pkg. frozen corn

1 onion, chopped

Cut off top of the pumpkin, scoop out seeds and season pulp with salt, pepper and nutmeg. Brown sausage, drain, sauté in onions, add Rosemary. Cook rice in chicken broth according to directions. Combine all ingredients and stuff into a Puget Sound Fresh Pumpkin. Replace pumpkin top and place on rack in roasting pan with 1 inch of water. Cover and steam in 350 degree oven for 1  $\frac{1}{2}$  hrs. Spoon out cooked walls of the pumpkin as you serve the stew. This is the hit at a children's dinner party in October.

*From: Bonnie Remlinger, Remlinger Farms, Carnation*

[bonnie@remlingerfarms.com](mailto:bonnie@remlingerfarms.com)

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